

LAST CALL

**METRO PUTS TOUGH QUESTIONS
TO THREE PARTY LEADERS** {pages 6 & 7}

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BIN LADEN IS DEAD

► **President Obama confirms long-sought 9-11 mastermind killed last week during U.S.-led operation**

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said last night.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

The development comes just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan and then Iraq.

THE ASSOCIATED PRESS



► In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.



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Oil-well leak kills one worker

A hydrogen-sulfide leak at a northern Alberta oil-well site has killed one worker.

Several other people, including a Mountie at a roadblock, were injured after inhaling the deadly gas.

RCMP say three workers were doing maintenance work on a gas line off Highway 47 near Fox Creek on Saturday evening when hydrogen sulfide began to leak.

Two of the workers were exposed, but the third was far enough away that he could get assistance for his colleagues.

THE CANADIAN PRESS

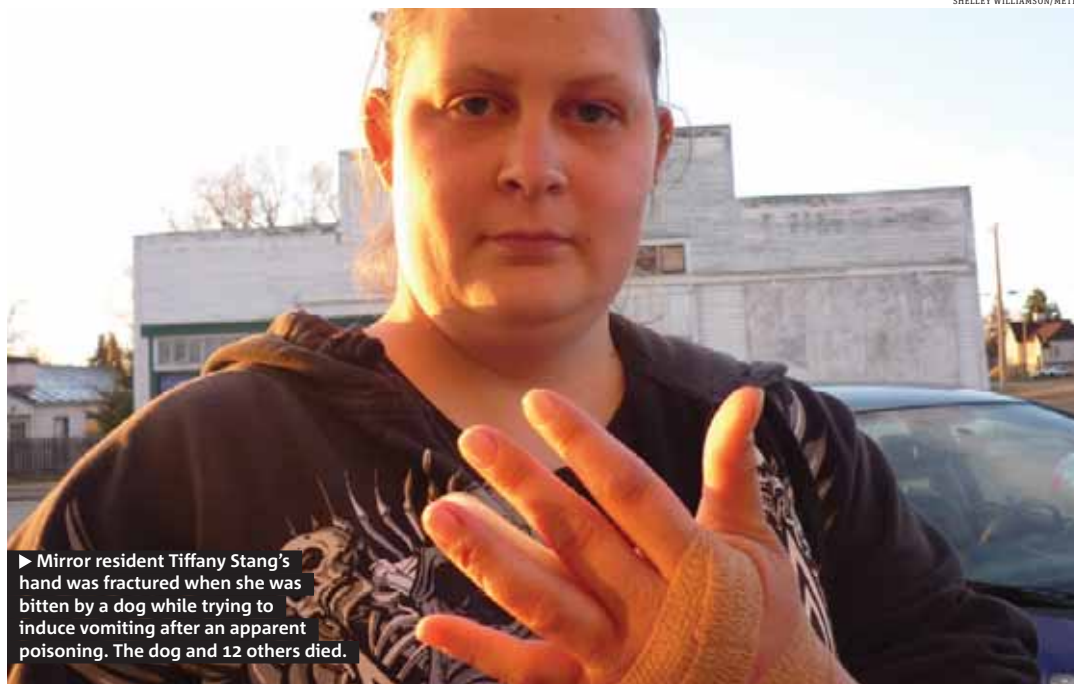
Missing teen found dead

The body of a missing 18-year-old Barrhead resident was found yesterday afternoon.

Vincent Frigon disappeared after leaving a campfire party around 2:30 a.m. Saturday morning in an area northwest of Barrhead, said RCMP.

More than 40 volunteers scoured the area yesterday and, according to RCMP, the teen's body was found near a gravel road about 10 kilometres from where the party took place.

● METRO



► Mirror resident Tiffany Stang's hand was fractured when she was bitten by a dog while trying to induce vomiting after an apparent poisoning. The dog and 12 others died.

Mirror menaced by dog deaths for years

- Hamlet of 500 northeast of Red Deer keeping pets indoors
- Rash of deaths in a day 'similar' to poisonings a year ago: RCMP



SHELLEY WILLIAMSON
@METRONEWS.CA

For Windy Toews, the deaths of 13 dogs in Mirror, Alta., brings painful flashes of watching her Labradoodle convulsing to death last March.

"Having this happen a year later just brings it all back," said Toews, who had found meat in her yard which police say was laced

Targeted

1 All dogs were targeted on residents' property, most in fenced yards. Anyone with information or who finds meat should call 1-800-372-3793 or 1-800-661-8477.

with strychnine.

Charlie was among four Mirror canines that died at the time from the poison.

Windy's husband, Grady, knew the signs Saturday when another resident dog, Marley, staggered onto the hamlet's main street, yelping for help. When efforts to induce vomiting failed, he rushed her to a Bashaw vet. The dog died in his vehicle.

"It's very scary and has been going on for a long time," said Theresa Lowther, who also came to Marley's aid. She said that

seeing the dog's suffering was "horrifying," adding, "I am just scared someone's little kids will be next."

Sgt. Geoff Buxcey said Bashaw RCMP is treating the 17 deaths as "related," but would not speak about possible suspects.

"It's one of those crimes that's difficult to solve," said Buxcey. "I am very concerned, especially to have people have this happen to them over and over again."

1

news


Victims of the American South's deadly twisters seek solace in Sunday service.

To make your voice heard, get out to vote between 8:30 a.m. and 8:30 p.m.

On the web at metronews.ca

Canada's federal party leaders make one last mad dash for votes ahead of election day. Video at metronews.ca.

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News in brief



► Police investigate on April 7.

Crosswalk plan to be finished this summer

SIDEWALK. The City of Edmonton will install a marked crosswalk and wider sidewalk where a 66-year-old woman was struck and killed while walking her great-granddaughter to school April 7. The changes were already planned for 122 Avenue and 128 Street, and will be complete this summer. Meanwhile, school boards are calling

for school zone speed limits.
● METRO

Lottery winner steps forward

LOTTERY. The person who purchased the \$33.3 million Lotto Max ticket in Edmonton has come forward, according to the Alberta Gaming and Liquor Commission.
● METRO

Kingsway closure starts

TRANSIT. As construction begins for the North LRT to NAIT, Kingsway Avenue will be completely closed between 102 Street and 106 Street starting today at 9 a.m. until Oct. 15. Pedestrian access will be maintained while motorists are encouraged to use 101 Street, 111 Avenue, 109 Street or 107 Avenue.
● METRO

Glamorous grad made affordable

- Discretionary program sees that all students attend graduation
- Donated dresses have underprivileged students smiling



NANCY GORDY
EDMONTON@METRONEWS.CA

Underprivileged grad students are being given the opportunity to enjoy their big day without the financial pinch.

Glamorous Grads, a program operating for the fourth year out of Londonderry Mall, receives donated dresses from the public, which are then given to grads in need for free.

"You get a dress and don't have to worry about the price or anything," Esperance Kibancha, a student graduating from M.E.

Donated dresses

- Roughly 1,000 dresses are donated.
- The program sees around 300 grads come in for dresses.
- Remaining dresses are gifted to Opera Nuova for use in their performances.

Lazerte High School, said. "It's less stressful."

Co-founders Donna Zazulak and Tamara Greenwood say it's a great way to make graduating memorable and not about money.

Students also receive a gift certificate for salon



► Esperance Kibancha tries on some of the donated dresses at Glamorous Grads in hopes to find one for her upcoming ceremony.

and day spa Spasation, shoes from Army and Navy, and makeup from Shoppers Drug Mart.

Dresses can be dropped off at customer service in Londonderry Mall until 9 p.m. today.

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Rallying for education

The voices of about three dozen parents and students spoke for all Albertans yesterday, as they gathered at the Alberta legislature.

"We're here to lobby the government ... to make education a priority," said organizer Laurie Skori. "We just fought to keep our school open, and we get to keep our school open for a year or two."

Skori is a parent of a stu-

dent at Lougheed School, east of Camrose, one of three in the Battle River School Division on the chopping block last month because of low enrolment and lack of funding.

A tough provincial budget saw funding slashed, and boards across the province are looking for ways to balance the bottom line.

School survival, lack of staff and large class sizes

1,000 The number of positions the Alberta Teachers' Association expects to be lost in Alberta schools this year because of a tough provincial budget.

are a concern to rural communities, said Skori.

"I think it is for every school," she said. "And people should be outraged."

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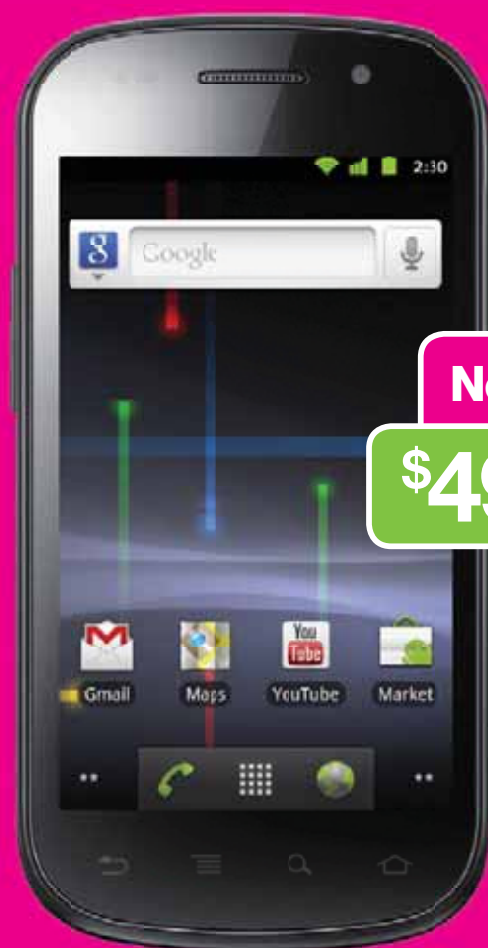
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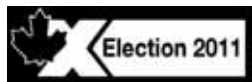
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The Renovation Store: 12049 - 127 St
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Your Mobile: 11729 Jasper Ave

Is that your best shot?

- Politicians are a thick-skinned lot, but rival attacks can be wearying
- We asked the three leading candidates to respond to opponents' jabs



The rap: Liberal Leader Michael Ignatieff has lived outside of Canada for a number of years and shouldn't be trusted.

The counter-punch: "I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience. This is a prime minister who lost our seat on the Security Council of the United Nations. This is the prime minister who presided over the decline in our international prestige.

"And what is he saying here? The only good Canadian is the Canadian who's never left the country. That

doesn't sound right to me. A Canadian is a Canadian. I'm proud of what I did overseas and I'm proud I've come back to serve."

The rap: Prime Minister Stephen Harper doesn't respect democracy.

The counter-punch: "I think the people who are out of office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a significant extent, because the other parties have simply refused to accept the democratic judgment of Canadians and are forcing election

after election after election.

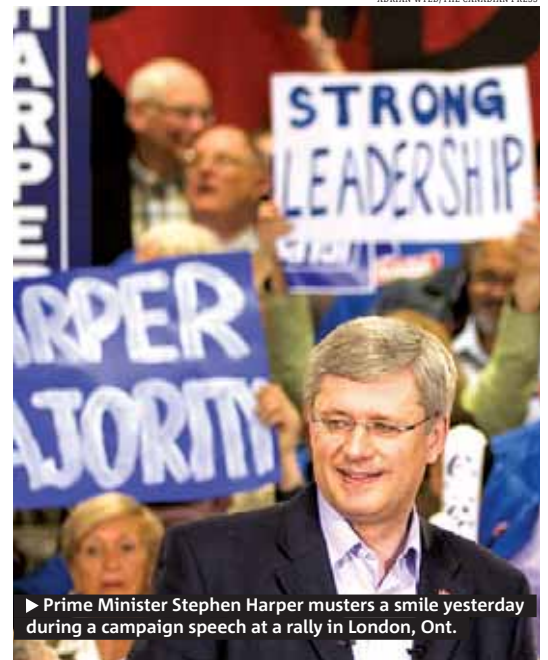
"This is, I think, why Canada needs a stable majority Conservative government: so that we deal with the real issues, not all these parliamentary manoeuvres, which, frankly, I think, turn the public off. Instead, Parliament should focus on the economy and the real concerns of Canadians."

The rap: New Democratic Party Leader Jack Layton can't be trusted with the economy.

The counter-punch: "First, I think the old-line parties have lost the trust of Canadians, and people are asking themselves who they can trust to be on their side to focus on the issues that concern their family.

"When it comes to offering a good balanced budget and fiscal responsibility, the party that in power has shown itself to have the best record is the NDP. That was a study done by the finance department, and there are the very good current examples of the NDP government in Manitoba, with nine balanced budgets in a row, and the recent budget just approved in the House of Assembly in Nova Scotia, with a surplus — again, another NDP government. In fact, when you go to Saskatchewan, they'll tell you it's the Conservatives who leave the finances in a mess."

● **INTERVIEW QUESTIONS FOR THE 3 LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA**



► Prime Minister Stephen Harper musters a smile yesterday during a campaign speech at a rally in London, Ont.

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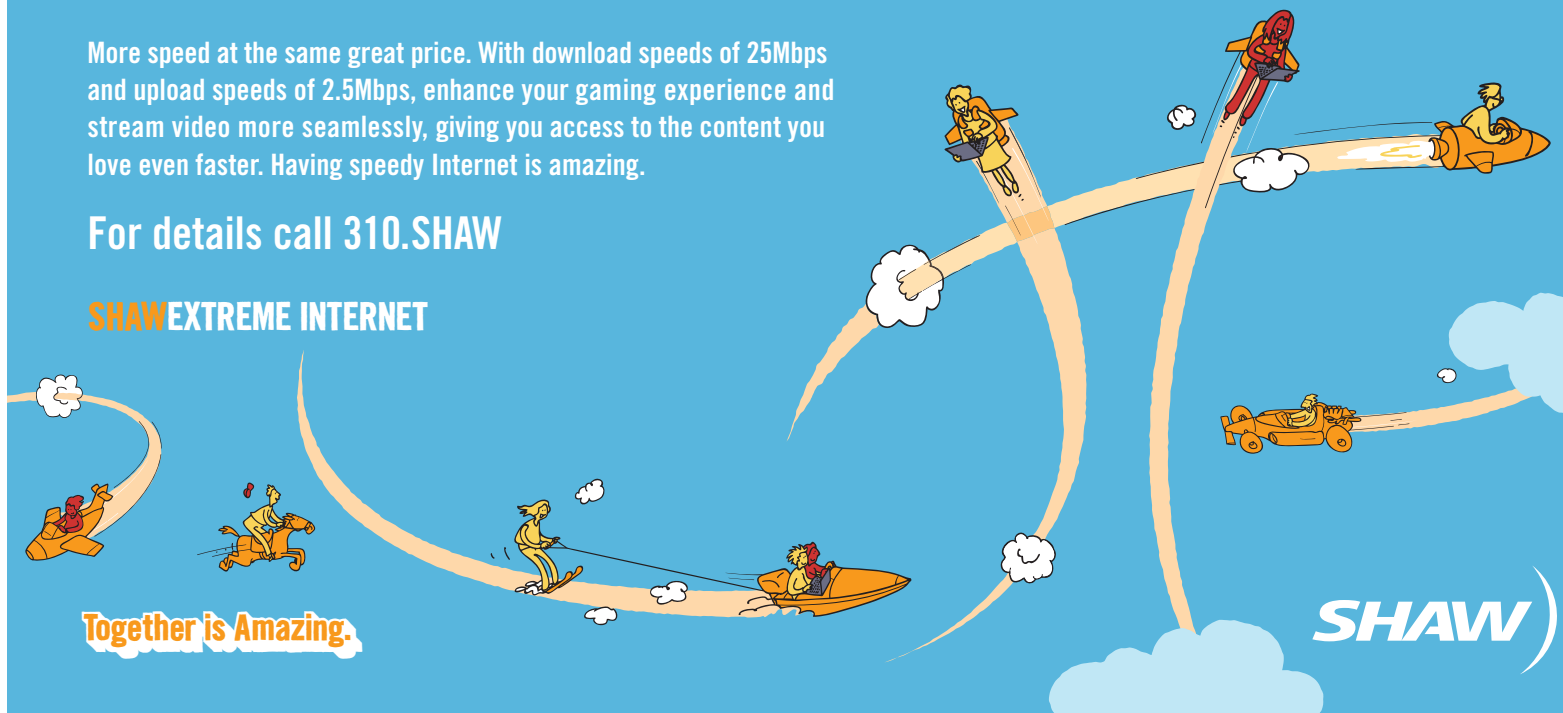
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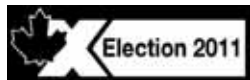
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Facing the tough questions

ANDREW VAUGHAN/THE CANADIAN PRESS

► Metro asked the leaders to discuss the things that they've been reluctant to address in interviews and out on the trail ► Here's what happened



Jack Layton

Q: This past weekend, the Toronto Sun reported that in 1996 police found you in a known bawdy house but, because they had no evidence of an offence, laid no charges against you. Can you speak to the allegations and what impact this story will have on what had been shaping up as fantastic showing by your party?

A: "Well, I answered those questions in some detail yesterday, so I'm not going to through it again. You'll find all of that available, you and your reporters. But

this is a kind of smear politics that a lot of Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics."

Stephen Harper

Q: You said all minority-government scenarios would lead to another election. If one of the other parties wins a minority, would you then work with other opposition parties to immediately defeat that government?

A: "Well, as you know, I'm in this election to win. We're confident in victory. The mandate we're looking for from the Canadian people

is a majority mandate, so we don't get into all of those other scenarios — (whereby) the NDP desire to form a minority coalition (and) get the backing of the Liberals and the Bloc Québécois — are unstable. That simply leads us to another election."

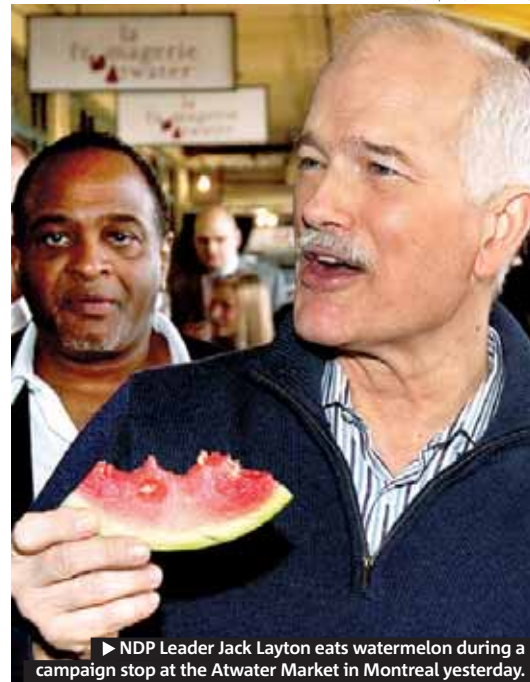
Michael Ignatieff

Q: You've said that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority in the polls. With the level you're at, how do you expect voters to continue see the Liberals, not the NDP, as the alternative?

A: "Well, I just think on Monday Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada.

We've got a choice between a Liberal platform that's costed and makes sense — with a Liberal team that has experience — versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

● METRO OTTAWA



► NDP Leader Jack Layton eats watermelon during a campaign stop at the Atwater Market in Montreal yesterday.

Why should Metro readers vote for your party?

PAUL CHIASSON/THE CANADIAN PRESS

► Liberal leader Michael Ignatieff walks in the rain following a campaign stop at a delicatesse in Thornhill yesterday.



► We asked each leader to give us his 'elevator pitch'

Michael Ignatieff:

"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government, and do the one thing that we absolutely have to do, which is invest in the edu-

cation of our young people, from early learning and child care through the learning passport for people wanting to go to college and university. That's the short version — basically a government that focuses on the priorities of the Canadian family.

Stephen Harper:

"We're the party with the plan for the economy.

Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working. We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on. The alternative, at this point has become an NDP government with a very different path,

which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and set Canadian families back.

Jack Layton:

"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth. The divisive approach to

politics that gets played out there and people want it fixed. They want the needs of their family at the forefront, issues like retirement security. You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement. There's a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job."

● METRO OTTAWA

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WEATHER CAN OFTEN BE AN ABUSIVE LOVER

URBAN COMPASS

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Given our weather, living in Edmonton is like being in a dysfunctional relationship with someone we love but who has trouble living up to the promise of fair treatment and respect that

is inherent in any relationship. I suspect that, during the depths of winter, every one of us has given thought to moving to some place with a less demanding climate.

But most of us stay here and tough it out no matter how many acts of betrayal by the weather.

We keep telling ourselves that the positives outweigh the negatives, that it is worth soldiering on and that one day things will get better.

Living here is like having an errant lover who keeps on sticking it to us.

One day is sunny and warm and the next is freezing cold.

Living here is like having an errant lover who keeps on sticking it to us. One day is sunny and warm and the next is freezing cold.

But just when we decide that we have had quite enough, spring arrives. Spring here is a heartfelt act of atonement and repentance.

As a result, we remember what we like about this place: the early-morning bird songs, the big blue sky, the blooms in our gardens, the cool nights and pleasantly warm days.

But we are not to be

easily fooled.

We want some proof that our lover really has decided to change its ways.

We find reassurance in the lengthening days that give us clear, natural light in which to play long after those in other cities have had to retreat into their homes.

We begin to relax and start to think that perhaps things really have changed and we no longer have to worry.

By the time summer comes, we have decided to try to let bygones be bygones. We barbecue, golf, swim, walk and ride until the last vestige of the summer light is gone.

And yet many of us have a niggling worry that though behaviour changes, character does not. Around June 21 our spidey sense kicks in.

We start to wait for the other shoe to drop. Eventually, it does. And we are given the cold shoulder once more.

We know there will be more bad weather on the way.

And we know that, months hence, we will get the same apology and the cycle will begin again.

But each year we stick it out and wait once more for the promise of better things to come.

We could move to Vancouver and the rain, but that would just make us quitters.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes, the news is tough to take. But Canada is full of compassionate individuals, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study at the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos



IAN WILSON/FICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scan-

dals and celebrity meltdowns, get a good news fix — who knows what you might be inspired to do.

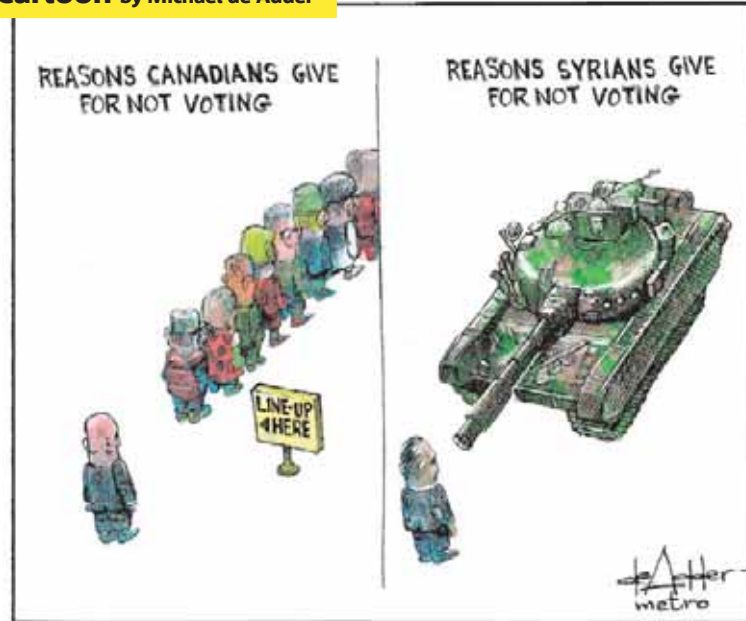
Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

● CRAIG AND MARC KIELBURGER
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Tweets

- ▶ @GroovieGurlie: Now I know why I liked working weekends.. Sundays in #yeg are a snooze.
- ▶ @koo1iokevin: If you got up early/stayed up late to watch two strangers in a different country get married on Friday, then get out and vote tomorrow! #yeg
- ▶ @ec90: Worst stretch of road in #yeg: 63 Ave between 99 St & Calgary Trail. Way too many cracks and potholes in such a short distance :/
- ▶ @michaelappleby: Downtown #yeg isn't all the way there yet, but it's going to be beautiful one day.
- ▶ @Cokebear17: So WEM is auctioning off their New Orleans themed jester heads. They are HUGE! Who would buy that here? #yeg
- ▶ @SamanthaHees: Boats on the north sask!! #MUST-BESUMMER #YEG
- ▶ @CstPower: Young lady visiting #yeg, drunk dancing in the street. Decided to flip us off instead of moving. Gave her a souvenir in ticket form #eps
- ▶ @alexem: Why is making reservations for a Mother's Day brunch in #yeg so damn hard?
- ▶ @TamaraStecyk: It's nice that the kids start picking up garbage outside once they see me doing it. #yeg

Cartoon by Michael de Adder



WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that buckled its floors and sagged its ceilings, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system,

apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hang-up and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

PlayStation. Data loss

► Sony Computer Entertainment President and CEO Kazuo Hirai, centre, bows along with two other executives at the start of a press conference at the Sony Corp. headquarters in Tokyo yesterday.

SHIZUO KAMATASHI/THE ASSOCIATED PRESS

Sony issues apology

Sony executives bowed in apology yesterday for a security breach in the company's PlayStation Network that compromised the personal data of some 77 million accounts on the online service.

Loonie at three-year high

- U.S. interest rates at emergency lows as dollar continues to slide
- Economists' predictions say 20,000 Canadian jobs added in March

An election that once seemed a snoozer has jolted investors awake on the prospect that the NDP could pick up more seats in today's federal election, which could send traders to buffer themselves from potential uncertainty.

Prime Minister Stephen Harper delivered a dire message — about higher spending, gas prices,

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 0.8 (13,893.6)	+ 0.5¢ (105.65¢ US)	+ \$104 US (\$113.90 US)	\$4.612 US (+ 4.1¢) Gold contracts \$1,560.50 (+ \$29.30)

deficits, taxes and unemployment — on what

might happen under the New Democratic Party.

Markets share some of his concerns, says John Kurgan, senior markets strategist at Lind-Waldock.

"The sudden surge or increase by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," Kurgan said.

THE CANADIAN PRESS



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2
scene

Scene in brief



Fast Five has left the competition in the dust with an \$83.6 million US debut to grab the No. 1 spot at the weekend box office. Studio estimates released yesterday show Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening.

THE ASSOCIATED PRESS



Jay Mohr relishes *Law & Order: Criminal Intent* role, murder interrogation scene included

5 great car movies

► With Fast Five burning rubber in theatres, let's look back at some great car movies of the past ► What's more important, a good road trip or a chase scene?



Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. (Warren Oates) who is named, aptly, G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.



American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.



Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently bad-ass.

As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger.

Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.



Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.



The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

THE ASSOCIATED PRESS

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Talking points

Whoopi getting back into the Sister Act

NOTHING LIKE REHASHING THE PAST Whoopi Goldberg is in Austria to promote Sister Act, with her trademark slapstick humour.

She slipped off her high-heeled sandals at Vienna's Ronacher Theater on Friday when she realized she would have to stand during a media preview of the musical, which opens there in September.

"I thought I was going to look good coming in and sitting down," Goldberg told a laughing audience.

She stood in her white socks until Vienna's cultural affairs official, Andreas Mailath-Pokorny, came on to give her a gift.

"Hold on, hold on. I'm going to put them back on 'cause you're too tall for me," Goldberg said.

"They look great ... just like you," Mailath-Pokorny quipped.

Goldberg starred in the 1992 movie version of Sister Act. **ASSOCIATED PRESS**

Hilton thief gets convicted

LIFESTYLES OF THE RICH AND FAMOUS A jury has convicted a man of trying to burglarize Paris Hilton's home last year.

District Attorney's spokeswoman Jane Robison says jurors deliberated for less than an hour Friday before convicting Nathan Parada of first-degree residential burglary for trying to break into the hotel heiress' home last August.



Celebrity tweets



"congrats to William and Kate ...and Kate's sister."



@justinbieber



@RyanSeacrest

"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!"

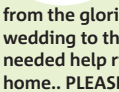
@NickyHilton

"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."



@KirstieAlley

"I would like to see an immediate media shift today from the glorious Royal wedding to the desperately needed help right here at home.. PLEASE"



@TallulahWillis

Hilton testified this week about she and her boyfriend being awoken after Parada banged on one of the house's windows with the butt of a knife.

A defence attorney told jurors that Parada had left a halfway house days earlier and had not taken his antidepressant medication for several days.

Parada faces up to three years in prison when sentenced.

ASSOCIATED PRESS

Tyson's tattoo giving film a bad hangover

► Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the move features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue. "This unauthorized exploitation of the original tattoo constitutes copyright infringement."

● METRO



► Mike Tyson



► Tallulah Willis

Willis' kid busted for booze

Tallulah Willis, the 17-year-old daughter of Bruce Willis and Demi Moore, was nabbed by police over the weekend for alcohol possession, according to TMZ.

Tallulah was among a group of three girls spotted by police exiting a car carrying bottles of booze, source say.

The young women were cited at the scene for underage possession.

Tallulah reportedly called her dad, though her mom was the one who showed up to retrieve her from the police station.

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3
life

A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health.

METRO WORLD NEWS



Flea control for pets is easy with the right products; several new options on the market.



► Laura Miller

Stay fit, like mom

► Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ► Who wouldn't want to look like her?



SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time, cost and nutrition?

One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a lean meat

ready to go, it saves time and makes preparing healthy meals easier.

What's your go-to snack?

Right now it's Greek yogurt with fresh fruit like strawberries, peaches or pineapple. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre.

That's great but if there's leftover crackers from my kid, or

she didn't finish her burger, I'll polish it off. Help?

It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place.

A new study came out, saying that parents exercise less than those without kids. Duh!

I have no time for the gym. What do you suggest?

Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. The

most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit woman. Do you have kids?

I have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example when it comes to diet and nutrition because children are sponges and soak up everything around them.

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Satisfy the cookie monster in you

NEWS CANADA



► This recipe makes about three dozen cookies.

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth.

The first one is for Almond Orange Cookies that combine fresh flavours in to a tender package.

Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

Preparation:

1 In food processor, grind almonds until very fine. Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.

2 In large bowl, with electric mixer, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add

almond and flour mixture and combine until dough forms.

3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap logs in parchment or waxed paper and freeze for at least 2 hours.

4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and

place 1 inch (2.5 cm) apart on prepared baking sheets. Bake in a 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear light golden brown.

5 Cool cookies for 1 to 2 minutes on baking sheet and then transfer to cooling rack. Store in airtight container for up to 1 week.

NEWS CANADA

Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated

- ed sugar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil blend
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

Oh My Goodness Cookies



This oatmeal cookie cuts the butter with avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

1 In bowl beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with

flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mix; stir until combined. Stir in pear and raisins.

2 Arrange oven racks in upper and lower thirds of oven. Drop heaping spoonfuls of dough onto parchment paper-lined baking sheets. Bake in 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly browned. Transfer cookies to rack to cool. **NEWS CANADA**

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

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Oscar the green grouch

► Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date



HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?
I like to call it the trash can rather than the garbage.

Trash is much more important to my thinking. Garbage is something you didn't finish eating where-as trash is wonderful things like wheels from a baby buggy or an old hub-cap.

What makes recycling fun?
Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin.



► The king of recycling.

And I sort through it. I roll in it.

I toss it up and dance in it. Like, some of the lighter

stuff, it floats down all over my head, so I finally

have trash alllllll over the boooooody.

So what kinds of things to do you reuse?

I like things that are, like half of a sled with no runners – that's good trash.

I reuse a lot of stuff.

Of course, you have to get new food.

Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?

Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway.

We put it in a thing that's good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful.

They eat the roots of some of your vegetables.

How do you explain the importance of recycling?

It's good for kids to realize that they're all part of the community.

The world is a great big community.

I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

What's your least favorite non-recyclable product?

Batteries. They have to be disposed of very carefully.

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NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDER- STAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their

conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

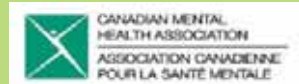
VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.



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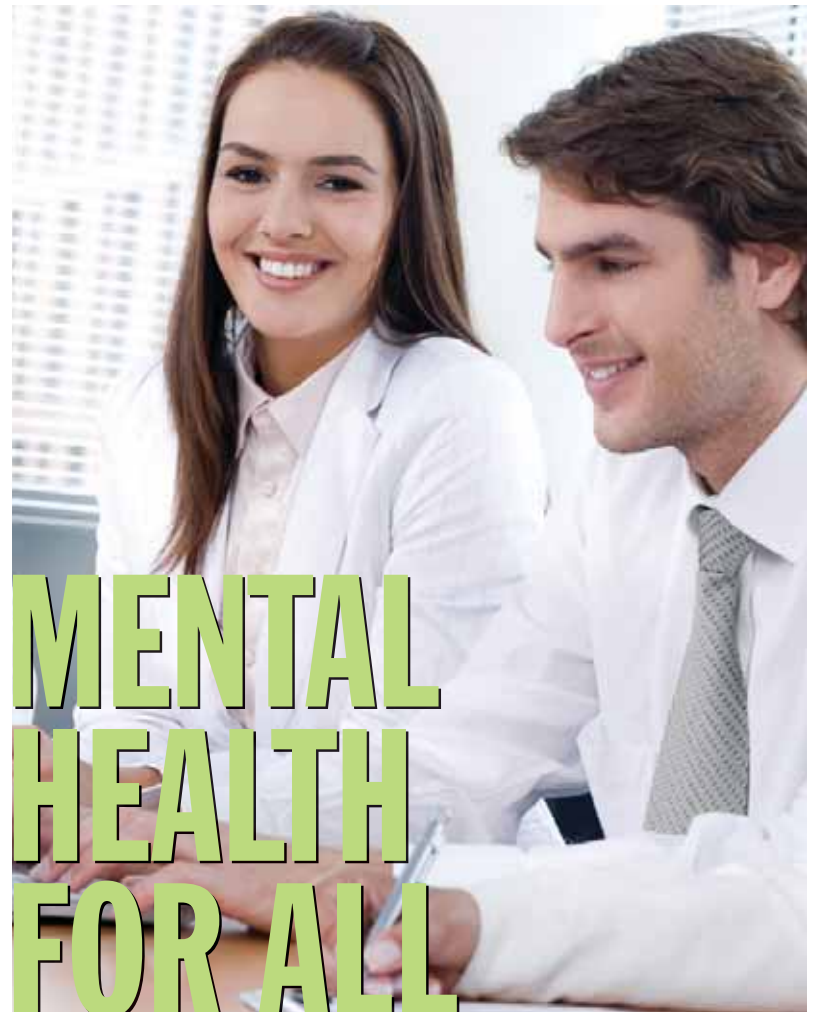
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Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor
or visit **DepressionHurts.ca**



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The

Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses \$15 to \$33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to \$51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT



Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. “With patience and understanding, parents can usually help their kids overcome these and other common childhood fears,” says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can’t understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

“Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else,” says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS

Children need to know they’re loved and

that their parents will set definite limits on what they’re allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it’s unusual for healthy kids to die—and offer lots of hugs.

PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.



I read.
Aster 34, Student

I hit the gym when I can.
John 58, Electrician



Chill with my friends.
Brian 23, Student

I like being creative. It's my drug.
Zile 61, Artist



My fiancé and I play instruments.
Michelle 29, Costumer

I meditate.
Brata 54, Musician



Do things with my family and
for my community.
Gregor 43, Executive Director

Hang out with my kids.
They keep me balanced.
Jyoti 44, Teacher

What do you do for your mental health?

May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. **Mental health for all. Find out more at www.MentalHealthWeek.ca**



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WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

Motivation through words and song

► **Cindy Ashton conquered cancer, sets out to motivate**

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



She was born with severe health issues and was only given a 20 per cent chance of survival. A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to

Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when

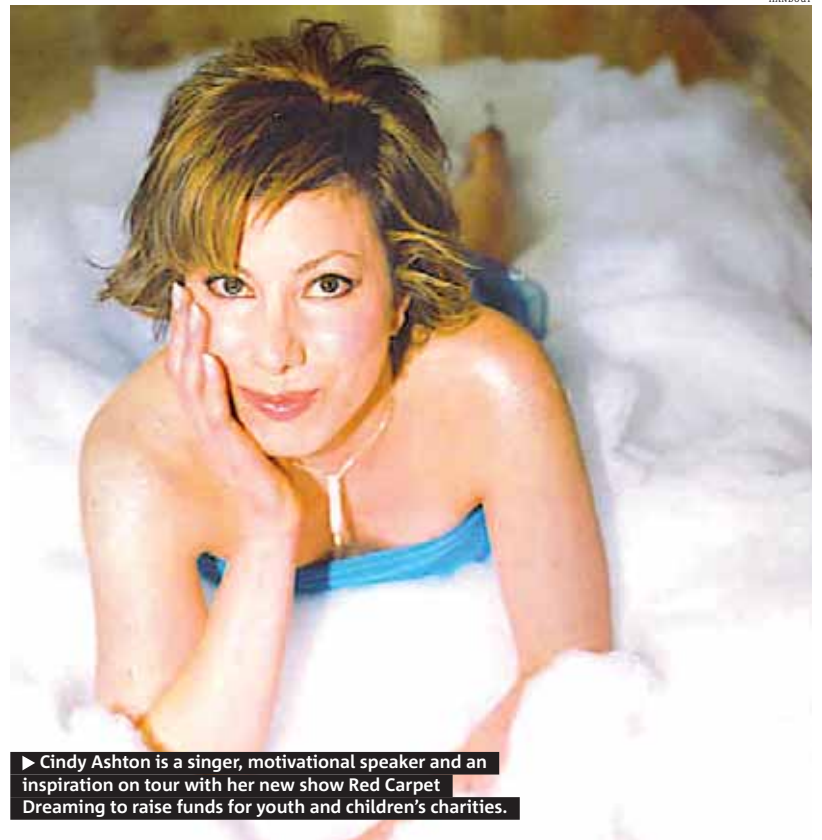
the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift."

As Gandhi said, "Be the change you want to see in the world."



► **Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.**

To flirt or be respected



DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Are you the office flirt? If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it and you're working hard," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes Helaine Olen, author of Office Mate.

"We still have a lot of



► **Flirting at work is flirting with disaster.**

sexist assumptions about flirting in the office," she says. "If you do it often you're going to be per-

ceived as less serious, that's just a given."

Anderson agrees.

"For women, the gender issues are quite significant."

But gallivanting men, she adds, would be snookering themselves to think they can find their kicks playing cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk for men and women, and for people who are straight, gay, or lesbian," Anderson cautions.

"You are either seen as a professional, or you are not."

"You cannot be both," she continues.

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What's hot this summer

► It's that time of year again when parents are racking their brains figuring out what to do with the kids this summer ► Always eager to help, camp programmers are coming up with the wild, the wacky and the trendy



**ALEX
NEWMAN**
LIFE@METRONews.ca

Are your kids glued to forensic science shows? Let them find out what the specialists actually do on the job. University of Lethbridge (cnf@uleth.ca) and British Columbia's BCIT Centre for Forensic and Security Technology (bcit.ca) both offer summer camps with professional instruction. The programs put kids through their paces examining crime scenes, analyzing the evidence and using DNA technology to solve the crime.

If slack-jawed kids in front of video games isn't your idea of a summer well spent, get them behind the computer instead. At BCI Digital Media Academy, University of British Columbia, kids ages six to 17 learn all about technology — the software used in Hollywood or in video games (digitalmediaacademy.org).

Riding the crest of Glee popularity is the three-session brainchild of Vancouver jazz singer Sara Zacharias. Last summer was the first year and sold out almost immediately. "I had no idea I'd get such a huge response," she says. Some kids have "extraordinary" talent, Zacharias says. Others have passion, but all get a solo in the last night's performance.



► There's a lot more to summer camp these days than canoeing.

Ashley MacIsaac's bad boy image has done wonders for the art of fiddling, and this year for the first time in P.E.I. an impressive group of globe-trotting musicians will be teaching kids of all ages and stages how to fiddle Acadian and Celtic style (peiffiddlecamp.com).

So you think all teens are self-centred mall rats? Apparently not. Me to We, the social action organization founded by Craig Kielburger, offers social justice themed summer camps

that fill fast, according to PR director Angie Gurley. "Kids spend the week figuring out what their passion is in the world, looking at various world and social justice issues like child labour, then get to work on their action plan." On the last day of camp, the teens head into the community to volunteer at their choice and leave camp with an action plan to help them continue (metowe.com).

Trying to up the responsibility quotient along with having fun? Plenty of

camps are willing to accommodate. P.E.I. parents who want their kids to learn to cook should check out Kids R Cooking boot camp in Charlottetown. For four days, kids ages seven to 17 don chef whites, receive professional instruction, and "eat what they make," says di-

rector Marsha Doiron. Offered through Holland College, the program is \$300 (culinarybootcamps.com).

The craze for stuffed critter Pound Puppies has a real life component — kids desperate to volunteer at shelters and vet offices. The 18-year-old age

restriction, though, left so many disappointed that Jennifer Ego decided to start Pawsitively Pets camp. Now in Ottawa, Vancouver and Toronto, the camp gives kids five to 16 a chance to work with pets and professional dog trainers (pawsitivelypetskidscamp.com).

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Please call **780-497-3157**
for registration details



4
sports

Quoted



"Hey guys just want to say that I am OK. I'll need to see a doctor in the next days! Yesterday I was told it was not a retina problem."

WELTERWEIGHT CHAMPION GEORGES ST-PIERRE VIA TWITTER YESTERDAY. THE MONTREAL NATIVE'S LEFT EYE WAS INJURED EARLY IN HIS TITLE DEFENCE AGAINST JAKE SHIELDS AT UFC 129 IN TORONTO SATURDAY NIGHT. GSP PREVAILED DESPITE ONLY BEING ABLE TO SEE A "BLUR" THROUGH THE INJURED EYE.



Scan code for more sports



► Sharks centre Logan Couture watches as a shot by teammate Niclas Wallin goes into the net yesterday.

Sharks clip Wings again

► San Jose takes 2-0 lead in series against Detroit ► Antti Niemi makes 33 saves for the win ► Ian White and Niclas Wallin score for Sharks

The defencemen are scoring, the high-scoring forwards are working in the defensive zone, and Antti Niemi played the same way he did when he knocked San Jose out of the playoffs a year ago.

That all added up to another win for the Sharks and a 2-0 series lead against the Detroit Red Wings in the Western Conference semifinals.

Ian White and Niclas

2	1
SHARKS	RED WINGS

Wallin scored their first goals of the post-season. Niemi made 33 saves, and the Sharks put together a complete performance to beat the Red Wings 2-1

yesterday. Niemi helped kill off three penalties in the opening half of the first period and came up with countless big saves in the final two periods of perhaps his best playoff game since helping Chicago sweep San Jose in the conference finals a year ago.

"We like him on our side a lot better," forward Dany Heatley said. "He's a steady guy. He makes the saves he should make; he's

in position. And he makes a lot of saves he shouldn't make. He changes games for us sometimes."

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the second straight year.

THE ASSOCIATED PRESS

Heat draw first blood against Celtics

Dwyane Wade knew his regular-season numbers against Boston were lacking.

He also knew that wouldn't matter in the playoffs.

And Game 1 — which seemed more like Round 1 — of what's already an emotionally charged series went to Wade and the Miami Heat.

99	90
HEAT	CELTICS

Wade scored 38 points on 14 of 21 shooting, James Jones set a Miami post-season record with 25 points off the bench, and

the Heat beat the Celtics 99-90 yesterday to open their Eastern Conference semifinal series.

"It's a big game. It's Game 1, at home," Wade said. "You've got to take care of home court. These guys expect this from me. I wasn't giving it to them in the regular season versus them and I wanted to come out today and be a leader." THE ASSOCIATED PRESS



► Dwyane Wade drives past Kevin Garnett.



► Teddy Purcell, right, celebrates Martin St. Louis' third-period goal.

Lightning take 2-0 series lead

3	2
LIGHTNING	CAPITALS

Vincent Lecavalier scored his second goal of the game 6:19 into overtime last night as the Tampa Bay Lightning beat the top-seeded Washington Capitals 3-2 for a 2-0 lead in the Eastern Conference semifinals.

Fifth-seeded Tampa Bay appeared headed for a much simpler victory, leading 2-1 in the third period, but two-time NHL MVP Alex Ovechkin forced the extra period by scoring with 67 seconds left in regulation.

Dwayne Roloson made 35 saves as the Lightning won their fifth consecutive game — and their fifth in a row on the road.

The series now shifts to Tampa for Game 3 tomorrow.

On the winning goal, the Lightning caught the Capitals in the middle of a line change. Tampa Bay defenceman Randy Jones — playing in his first game this post-season because of an injury to Pavel Kubina — sent a long pass off the boards to Teddy Purcell. He then passed it across the ice to Lecavalier, who flipped the puck over rookie goalie Michal Neuvirth to end the game.

Lecavalier jumped into the glass behind the net before being surrounded by teammates.

Martin St. Louis' goal put Tampa Bay ahead 2-1 about 7½ minutes into the third period, before Ovechkin recorded his first point of the series. Brooks Laich scored for Washington in the second.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY
(Tampa Bay leads 2-0)

Yesterday's result

Tampa Bay 3 Washington 2 (OT)

Tomorrow's game

Washington at Tampa Bay, TBA

Wednesday's game

Washington at Tampa Bay, 7 p.m.

Saturday, May 7

x-Tampa Bay at Washington, 12:30 p.m.

Monday, May 9

x-Washington at Tampa Bay, TBA

Wednesday, May 11

x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON

(Boston leads 1-0)

Saturday's result

Boston 7 Philadelphia 3

Tonight's game

Boston at Philadelphia, 7:30 p.m.

Wednesday's game

Philadelphia at Boston, 7 p.m.

Friday's game

Philadelphia at Boston, 8 p.m.

Sunday, May 8

x-Boston at Philadelphia, 3 p.m.

Tuesday, May 10

x-Philadelphia at Boston, TBA

Thursday, May 12

x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

(Series tied 1-1)

Saturday's result

Nashville 2 Vancouver 1 (2OT)

Tomorrow's game

Vancouver at Nashville, 9 p.m.

Thursday's game

Vancouver at Nashville, 8:30 p.m.

Saturday, May 7

Nashville at Vancouver, 8 p.m.

Monday, May 9

x-Vancouver at Nashville, TBA

Wednesday, May 11

x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT

(San Jose leads 2-0)

Yesterday's result

San Jose 2 Detroit 1

Wednesday's game

San Jose at Detroit, 8 p.m.

Friday's game

San Jose at Detroit, 7 p.m.

Sunday, May 8

x-Detroit at San Jose, 8 p.m.

Tuesday, May 10

x-San Jose at Detroit, TBA

Thursday, May 12

x-Detroit at San Jose, TBA

x — if necessary.

SHARKS 2, RED WINGS 1

First Period

1. San Jose, I.White 1 (Heatley, Clowe) 4:54 (pp)

Penalties — Clowe SJ (roughing) 0:59, Abdelkader

Det (high-sticking) 3:11, Ferriero SJ (double high-

sticking) 6:23, Bertuzzi Det, Vlasic SJ (roughing)

16:08, Zetterberg Det (high-sticking) 17:27.

Second Period — No Scoring.

Penalties — Holmstrom Det (holding) 2:27,

Pavelski SJ (interference) 3:29, Bertuzzi Det,

Eager SJ (roughing) 6:36, Eager SJ (miscon-

duct) 8:37, Rafalski Det (delay of game) 9:33.

Third Period

2. San Jose, Wallin 1 (Clowe, Couture) 1:39

3. Detroit, Zetterberg 1 (Datsyuk, Holmstrom)

13:58 (pp)

Penalties — Thornton SJ (interference) 2:50,

Holmstrom Det (roughing) 3:27, Setoguchi SJ

(slashing) 13:22.

Shots

Detroit 12 9 13 —34

San Jose 7 19 11 —37

Goal — Detroit: Howard (L,4-2-0); San Jose:

Niemi (W,5-2-0). Power plays (goals-chances)

— Detroit: 1-6; San Jose: 1-5.

Referees — Kevin Pollock, Kelly Sutherland.

Linesmen — Brad Lazarowich, Jay Sharrers.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results

At Bratislava

Russia 6 Slovenia 4

Germany 4 Slovakia 3

At Kosice

Canada 9 France 1

Switzerland 4 Belarus 1

Saturday's results

At Bratislava

Finland 5 Denmark 1

Czech Republic 4 Latvia 2

At Kosice

U.S. 5 Austria 1

Norway 5 Sweden 4 (SO)

Today's games

All times Eastern

At Bratislava

Czech Republic vs. Denmark, 10:15 a.m.

Latvia vs. Finland, 2:15 p.m.

At Kosice

U.S. vs. Norway, 10:15 a.m.

Sweden vs. Austria, 2:15 p.m.

FIGURE SKATING

WORLD CHAMPIONSHIPS

At Moscow

Saturday

Women's Free Skating

1. Miki Ando, Japan, 130.21 points.

2. Kim Yu-na, South Korea, 128.59.

3. Carolina Kostner, Italy, 124.93.

12. Cynthia Phaneuf, Canada, 100.16.

18. Amelie Lacoste, Canada, 92.78.

Overall Standings

1. Miki Ando, Japan, 195.79 points.

2. Kim Yu-na, South Korea, 194.50.

3. Carolina Kostner, Italy, 184.68.

13. Cynthia Phaneuf, Canada, 152.78.

16. Amelie Lacoste, Canada, 144.76.

Ice Dance — Free Dance

1. Meryl Davis and Charlie White, United

States, 111.51 points.

2. Tessa Virtue & Scott Moir, Canada, 107.50.

3. Maia Shibutani & Alex Shibutani, US, 96.91.

4. Kaithlyn Weaver & Andrew Poje, Cda., 95.25.

8. Vanessa Crone & Paul Poirier, Canada, 90.12.

Overall Standings

1. Meryl Davis & Charlie White, US, 185.27.

2. Tessa Virtue & Scott Moir, Canada, 181.79.

3. Maia Shibutani & Alex Shibutani, US, 163.79.

5. Kaithlyn Weaver & Andrew Poje, Cda., 160.32.

10. Vanessa Crone & Paul Poirier, Cda., 151.13.

Att. — 17,562 (17,562) at San Jose, Calif.

LIGHTNING 3, CAPITALS 2 (OT)

First Period

1. Tampa Bay, Lecavalier 3 (St. Louis, Malone)

19:01 (pp)

Penalties — Knuble Wash (interference) 7:14,

Downie TB (holding) 9:04, B.Jones TB (trip-

ping) 12:11, Clark TB (cross-checking) 14:08,

Ovechkin Wash (high-sticking) 17:56.

Second Period

2. Washington, Laich 1 (Backstrom, Erskine)

14:52

Penalties — Malone TB (high-sticking) 1:33,

Bergeron TB (hooking) 4:17, Green Wash

(roughing) 6:02, Bergenheim TB (hooking)

11:00, Schultz Wash (holding) 15:28.

Third Period

3. Tampa Bay, St. Louis 5 (Purcell) 7:35

4. Washington, Ovechkin 4 (Arnott, Laich)

18:52

Penalty — Green Wash (roughing) 8:32.

First Overtime

5. Tampa Bay, Lecavalier 4 (Purcell, R.Jones)

6:19

Penalties — None.

Shots on goal by

Tampa Bay 6 3 11 3 —23

Washington 11 16 5 5 —37

Goal — Tampa Bay: Roloson (W,6-3-0); Wash-

ington: Neuivirth (L,4-3-0).

Power plays (goals-chances) — Tampa Bay: 1-

5; Washington: 0-6.

Referees — Chris Lee, Tim Peel.

Attendance — 18,398 (18,398).

TENNIS

ATP-WTA

ESTORIL OPEN

At Oeiras, Portugal

Men's Singles — Final

Juan Martin del Potro (8), Argentina, def. Fer-

nando Verdasco (2), Spain, 6-2, 6-2.

Men's Singles — Quarter-finals

Fernando Verdasco (2), Spain, def. Kevin An-

derson (7), South Africa, 6-7 (2), 6-2, 6-3.

Milos Raonic (5), Canada, def. Gilles Simon

(4), France, 7-6 (4), 4-6, 6-3.

Men's Singles — Semi-finals

Juan Martin del Potro (8), Argentina, def.

Pablo Cuevas, Uruguay, 6-2, 7-6 (6).

Fernando Verdasco (2), Spain, def. Milos

Raonic (5), Canada, 6-4, 0-0, retired.

Women's Final

Anabel Medina Garrigues, Spain, def. Kristina

Barros, Germany, 6-1, 6-2.

ATP

BMW OPEN

At Munich

Singles — Final

Nikolay Davydenko (7), Russia, def. Florian

Mayer (5), Germany, 6-3, 3-6, 6-1.

Doubles — Semi-finals

Andreas Beck and Christopher Kas, Germany,

def. James Cerrantani, U.S., and Adil Shamas-

din, Pickering, Ont., 6-4, 6-3.

SERBIA OPEN

At Belgrade, Serbia

Singles — Final

Novak Djokovic (1), Serbia, def. Feliciano

Lopez, Spain, 7-6 (4), 6-2.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	16	9	.640	—
Tampa Bay	15	13	.536	2½
Baltimore	13	13	.500	3½
Toronto	13	15	.464	4½
Boston	12	15	.444	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	16	.429	7½
Chicago	10	19	.345	10
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	12	.571	—
Colorado	16	12	.571	—
Oakland	14	14	.500	2
Seattle	13	16	.448	3½

Yesterday's results

N.Y. Yankees 5 Toronto 2

Baltimore 6 Chicago White Sox 4

L.A. Angels 6 Tampa Bay 5

Oakland 7 Texas 2

Cleveland 5 Detroit 4

Kansas City 10 Minnesota 3

Boston 3 Seattle 2

Saturday's results

N.Y. Yankees 5 Toronto 4

Seattle 2 Boston 0

Baltimore 6 Chicago White Sox 2

Tampa Bay 2 L.A. Angels 1 (10 innings)

Texas 11 Oakland 2

Cleveland 3 Detroit 2 (13 innings)

Kansas City 11 Minnesota 2

Today's games

All times Eastern

Texas (Holland 3-1) at Oakland (McCarthy 1-

2), 3:35 p.m.

N.Y. Yankees (Colon 2-1) at Detroit (Verlander

2-3), 7:05 p.m.

L.A. Angels (Weaver 6-0) at Boston

(C.Buchholz 1-3), 7:10 p.m.

Baltimore (Guthrie 1-3) at Chicago White Sox

(Buehrle 1-3), 8:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION

Yesterday's result

Toronto 10 Rochester 8

Saturday's result

Buffalo 11 Boston 10

WEST DIVISION

Saturday's results

Calgary 10 Colorado 6

Washington 14 Minnesota 8

DIVISIONAL FINALS

Saturday, May 7

EAST DIVISION

Toronto at Buffalo, 7:30 p.m.

WEST DIVISION

Washington at Calgary, 9:30 p.m.

CHAMPIONSHIP

Champions Cup

East vs. West champions, TBA

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	18	8	.692	—
Florida	17	9	.654	1
Atlanta	14	15	.483	5½
Washington	13	14	.481	5½
New York	11	16	.407	7½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	12	.571	—
Cincinnati	14	14	.500	2
Milwaukee	13	14	.481	2½
Pittsburgh	13	15	.464	3
Chicago	12	15	.444	3½
Houston	11	17	.393	7

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	14	.481	4½
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Yesterday's results

San Diego 7 L.A. Dodgers 0

Washington 5 San Francisco 2

Atlanta 6 St. Louis 5

Houston 5 Milwaukee 0

Pittsburgh 8 Colorado 4

Arizona 4 Chicago Cubs 3

Florida 9 Cincinnati 5

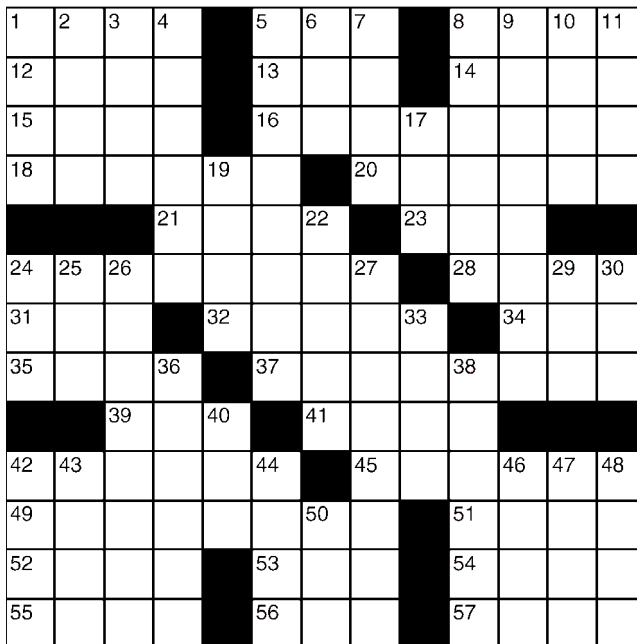
Crossword

Across

1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Cornical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker
8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president
throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favorite year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Know I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

A look at the weather

TODAY Min 4° Max 19°
TUESDAY Min 7° Max 19°
WEDNESDAY Min 4° Max 15°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 A creative project is now at a crossroads.

♉ **Taurus** April 21-May 21 Your workload will increase dramatically over the next few days.

♊ **Gemini** May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.

♋ **Cancer** June 22-July 22 If you force yourself to do something when your heart isn't in it it's unlikely you will make a very good job of it.

♌ **Leo** July 23-Aug. 23 If you push yourself hard today chances are it will pay off in a big way.

♍ **Virgo** Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.

♎ **Libra** Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.

♏ **Scorpio** Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?

♑ **Capricorn** Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.

♒ **Aquarius** Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world

♓ **Pisces** Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

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Caption contest

"Boy, this smells worse than when I put my foot in there!"
ERIN



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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